

Ingrown Toenail: Post-op Instructions

By doing a few simple things at home, you can help expedite your recovery.

1. Bandage that was put on in the office:
Leave this on for the **next 24 hours**.
You may shower today but keep the bandage dry & intact.
Tomorrow morning get the bandage completely wet by soaking your foot for 15 minutes in warm water with Epsom salt or warm soapy water.
After the dressing has soaked, it should be removed and discarded.
2. Dressing:
After the initial dressing is removed, apply antibiotic ointment (such as Neosporin) & a new bandage to the affected toe. Do this every day until you come back to the office.
Do not allow the area to 'dry out' overnight.
3. Soaking:
Soak your foot in warm water with Epsom salt (or soapy water) for 15 minutes twice daily until you return to the office for your follow up visit.
Occasionally, you may see a clear fluid that accumulates in the corner of the nail where the procedure was performed. You can gently clean this out with a q-tip after soaking.
4. Activities:
Your toe should remain numb for approximately 6-8 hours after the procedure.
You should be able to return to activities the same day that this procedure is performed. However, use pain as your guide. If it hurts, don't do it!
If you have any questions or notice an increase in redness/drainage, please contact me.

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